

BEGIN HOT WATER DRINKING IF YOU DON'T FEEL RIGHT

Says glass of hot water with phosphate before breakfast washes out poisons.

If you wake up with a bad taste, bad breath and tongue is coated; if your head is dull or aching; if what you eat sours and forms gas and acid in stomach, or you are bilious, constipated, nervous, and can't get feeling just right, begin drinking phosphated hot water. Drink before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it. This will flush the poisons and toxins from stomach, liver, kidneys and bowels and cleanse, sweeten and purify the entire alimentary tract. Do your inside bathing immediately upon arising in the morning to wash out of the system all the previous day's poisonous waste, gases and sour bile before putting more food into the stomach.

To feel like young folks feel; like you felt before your blood, nerves and muscles became loaded with body impurities, get from your druggist or storekeeper a quarter pound of limestone phosphate which is inexpensive and almost tasteless, except for a sourish tinge which is not unpleasant. Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so hot water and limestone phosphate act on the stomach, liver, kidneys and bowels. Men and women who are usually constipated, bilious, headachy or have any stomach disorder should begin this inside bathing before breakfast. They are assured they will become real cranks on the subject shortly.—Adv.

Blessings in disguise generate some profanity.

Always use Red Cross Ball Blue. Delights the laundress. At all good grocers. Adv.

The sweetness of revenge often sours the disposition.

FITS, EPILEPSY, FALLING SICKNESS Stopped quickly. Fifty years of uninterrupted success of Dr. Kline's Epilepsy Medicine insure lasting results. LANGE TREATMENT FREE. DR. KLINE COMPANY, Red Bank, N. J.—Adv.

It's the man who makes a fool of himself that seldom boasts of being self-made.

The world would have more to worry about if each man could make his own weather.

Quite Lucky.

"I cashed a check for Smithers last week and it came back from the bank marked 'No funds.'"

"Maybe that's why he asked you to cash it instead of the bank."

In Doubt.

"Could you lend me a dollar till Tuesday?"

"I could, only there are so many Tuesdays, and I'm afraid you may be thinking of one about ten years from now."

Proof Wanted.

"Willie, did you wash your hands as I told you?"

"Yes, mother, I did."

"Come here and let me see them."

"Aw, ma, can't you take my word for it?"

He Must Be in Town.

Mary, the doctor's little four-year-old daughter, was playing outside the office. A gentleman calling to see the doctor inquired, "Mary, has your papa gone to the country?"

Whereupon little Mary promptly replied, "I guess he must be somewhere in town, because all his country patients are dead."—Cleveland Leader.

EXPERIMENTS Teach Things of Value.

Where one has never made the experiment of leaving off coffee and drinking Postum, it is still easy to learn something about it by reading the experiences of others.

Drinking Postum is a pleasant way out of coffee troubles. A Penn. man says:

"My wife was a victim of nervousness, weak stomach and loss of appetite for years; and although we resorted to numerous methods for relief, one of which was a change from coffee to tea, it was all to no purpose. "We knew coffee was causing the trouble but could not find anything to take its place until we tried Postum. Within two weeks after she quit coffee and began using Postum almost all of her troubles had disappeared as if by magic. It was truly wonderful. Her nervousness was gone, stomach trouble relieved, appetite improved and, above all, a night's rest was complete and refreshing.

"This sounds like an exaggeration, as it all happened so quickly. Each day there was improvement, for the Postum was undoubtedly strengthening her. Every particle of this good work is due to drinking Postum in place of coffee." Name given by Postum Co., Battle Creek, Mich.

Postum comes in two forms:

Postum Cereal—the original form—must be well boiled. 15c and 25c pkgs. **Instant Postum**—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both forms are equally delicious and cost about the same per cup.

"There's a Reason" for Postum.

—sold by Grocers

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of Sunday School Course of the Moody Bible Institute, Chicago.)
(Copyright, 1916, Western Newspaper Union.)

LESSON FOR MAY 14

"LO, WE TURN TO THE GENTILES."

LESSON TEXT—Acts 12:13-32.
GOLDEN TEXT—I have set thee for a light of the Gentiles, that thou shouldst be for salvation unto the uttermost part of the earth.—Acts 13:47.

In the unfolding and ever-widening of the program of power we are again confronted with a crucial event. It is suggestive that at this time Paul, whose name has just been changed from Saul, now assumes his place of leadership, succeeding Barnabas. Perga, the capital of Pamphylia, was on the southern coast of Asia Minor, and Antioch, the capital of Pisidia (southern Galatia) was 90 miles north. Paul is now in full control and no other man save our Lord has so deeply impressed human history.

I. Paul's Opening (vv. 13-15). We are not told why John Mark returned to Jerusalem. He may have objected to the changed leadership; there may have been sickness involved; as a Jew he may have objected to Paul's actions. His subsequent missionary zeal restored him to Paul's favor (II Tim 4:11). Departing from Perga (v. 14), perhaps on account of an attack of fever (Gal. 4:13, 14), the party ascended to the higher altitude of the important city of Antioch, the site of which is now marked by extensive and impressive ruins. After finding lodgings they repaired to the synagogue on the Sabbath day. Here they could meet the people and would be given opportunity to speak of Jesus. Paul put himself in the way of opportunity and opportunity to beckoned to him. They did not demand this privilege because they were Christian workers. Their participation in the service and other actions commended them to the respect of the leaders of the synagogue, which was the great democratic forum of the Jewish nation.

II. Paul's Sermon (vv. 16-41). Paul began his remarks, even as Peter did at Pentecost, by quoting the Old Testament and referring to Jewish history, using the same to lead up to his testimony about Jesus. (Matt. 5:17.) "It is ours to show wherein Christ fulfilled the law, the obligation resting upon us by reason of his covenant of grace, and the blessings which issue therefrom." This is one of Paul's three recorded missionary sermons (see also Acts 14:15-18; 17:22-31). The last two were to Gentiles only. This is a scriptural discourse. (1) Messiah's people and ancestry (17-23); (2) Messiah's forerunner (24, 25); Messiah rejected (26-29); (3) Messiah risen from the dead (30-37); (4) Jesus the Justifier (38-39); (5) the application, a word of warning (40, 41). There must have been some evidence of restlessness in his audience, hence his sharp warning (41).

III. Paul's Decision (vv. 42-47). After the separation of Jews from Greek proselytes the latter besought Paul to continue his testimony literally "the Sabbath between," perhaps at the mid-week meetings. Questions and discussions were the order in the breaking up of the synagogue service, and as Paul and his company departed they were accompanied by some who had believed (v. 43). Knowing the testing which would follow, Paul and Barnabas did personal work with these, exhorting to steadfastness (John 8:31, 32; Col. 1:23) in the grace of God (v. 38, 39; Rom. 3:24; Eph. 2:8). It is only in grace that any are able to "continue" (Rom. 5:2; Gal. 5:1, 4). It is personal work which gathers a crowd and such was the method of Paul and Barnabas during the intervening week. So well was the work done and so great was the power of their testimony that "almost the whole city" gathered the next Sabbath to "hear the Word of God." Such evident interest in this new teaching aroused the jealousy of the Jews. Years of Jewish proselyting had never secured such a result as this once address of a doubtful stranger produced. But back of this jealousy was the greater sin of unbelief. To hear the Word of God (II Tim 4:2; I Thess. 2:13) does not necessarily produce obedience and faith (Luke 8:5-7); not always the greatest number of hearers will produce the greatest number of conversions. To interrupt a speaker is not unknown in synagogues today. The opponents "contradicted and blasphemed," doubtless contending that all who hang on a tree are accursed (Gal. 3:13) and they produced a wild tempest of voices and confusion. Only to attack and to destroy the work of Paul and Barnabas could save these Jewish leaders. Human nature is the same everywhere.

Paul and Barnabas thrived upon opposition. We believe they foresaw this development and were prepared for the emergency (v. 46). Because of long training the Jews were best fitted to receive the Gospel. It was no accident that the first apostles were Jews, but it is serious business to reject the Christ, and the history of the Jewish nation since rejecting Jesus has been written in blood and tears. Paul's "Lo we turn" (v. 46) marked the Rubicon of spiritual history. Christianity is to become world wide, not by means of the Jews, but in spite of them.

you'd be a rather engaging person!" Lanyard made no reply. In fact, he wasn't attending.

In this suspense the iron control which had always heretofore been his was breaking down—since now it was for another that he was concerned. And he wasted no strength trying to enforce it. The stress of his anxiety was both undisguised and indisguisable. Nor did Mme. Omber overlook it.

"What's the trouble, eh? Is it that already the cell door clangs loudly in your ears?"

As the woman spoke Lanyard left his chair with a spring as lithe and sure and swift as an animal's, that carried him like a shot across the two yards or so that separated them.

A hair's breath of error in his reckoning would have finished him, for the other had been alert for just such a move, and the revolver was nearly level with Lanyard's head when he seized it by the barrel, imprisoned the woman's wrist with his other hand, and in two movements had possessed himself of the pistol without hurting its owner.

"Don't be alarmed," he said quietly. "I'm not going to do anything more violent than to put this out of commission."

Breaking it smartly, he shot a shower of cartridges to the floor. The empty weapon itself he tossed into a wastebasket beneath the desk.

"Hope I didn't hurt you," he added abstractedly—"but your pistol was in my way!"

He took a stride toward the door, then hung there in hesitation, frowning absently at the woman, who, without moving, laughed quietly and eyed Lanyard with a twinkle of malicious diversion.

The adventurer returned her stare with one of thoughtful appraisal; from the first he had recognized in her a character of uncommon tolerance and amiability.

"Pardon, madame, but—" he began abruptly; then checked himself in constrained appreciation of his impudence.

"If that's permission to interrupt your reverie," Mme. Omber remarked, "I don't mind telling you you're the strangest burglar I ever heard of!"

Footfalls became audible on the stairway—the hasty, scuffling sounds of slipped feet.

"Is that you, Sidonie?" madame called.

The voice of the maid replied: "Yes, madame—coming!"

"Well—don't, just yet. Wait there till I call you."

"Very good, madame."

The woman returned complete attention to Lanyard.

"Now, monsieur of two minds, what is it you wish?"

"Why did you do that?" the adventurer asked, nodding toward the reception hall.

"Tell Sidonie to wait instead of calling for help? Because—well, because you interest me strangely. I've a curious notion you're in desperate quandary and about to throw yourself on my mercy."

"I am," Lanyard admitted tersely.

"Ah! Now this does begin to grow interesting! Would you mind telling me why?"

"Because, madame, I have done you a great service, and feel I can count upon your gratitude."

The Frenchwoman's eyebrows lifted at this. "Doubtless monsieur knows what he's talking about—"

"Listen, madame. I am in love with a young woman, an American, a stranger, and friendless in Paris. If anything happens to me tonight, if I am arrested or assassinated—"

"Is that likely?"

"Quite likely, madame. I have enemies among the Apaches and in my own profession as well. I have reason to suspect that some of these are in this neighborhood tonight. I may possibly not escape them. In that event, this young lady of whom I speak will need a protector."

"And why must I interest myself in her fate, pray?"

"Because, madame, of this service I have done you. Recently, in London, you were robbed—"

The woman started and colored with excitement. "You know something of my stolen jewels?"

"Everything, madame; it was I who stole them."

"You? You are, then, that Lone Wolf?"

"I was, madame."

"Why the past tense?" the woman demanded, eying him with a gathering frown.

"Because I am done with thieving." She threw back her head and laughed, but without mirth. "A likely story, monsieur! Have you reformed since I caught you here—"

"Does it matter when? I take it that proof, visible, tangible proof of my sincerity, more than a meaningless date, would be needed to convince you."

"No doubt about that monsieur—the Lone Wolf!"

"Could you wish better proof than that of restoration of your stolen property?"

"Are you trying to bribe me to let you off with an offer to return my jewels?"

"I'm afraid emergency reformation wouldn't persuade you—"

"You do well to be so afraid."

"But if I can prove I've already restored your jewels—"

"But you cannot."

"If madame will do me the favor to open her safe she will find them there—conspicuously placed."

"What nonsense—"

"Am I in error in assuming that madame didn't return from England until quite recently?"

"But today, in fact—"

"And you haven't troubled to investigate your safe since returning?"

"It had not occurred to me—"

"Then why not test my assertion before denying it?"

With an incredulous shrug Mme. Omber terminated a puzzled scrutiny of Lanyard's countenance and turned to the safe.

"But to have done what you declare you have," she argued, "you must have known the combination—since it appears you haven't done any breaking open."

The sequence of the combination rangibly off Lanyard's tongue. And at this, with every evidence of excitement, at length beginning to hope—more than to believe—the woman set herself to open the strongbox. Within a minute she had succeeded, and the



"Don't Shoot!" He cried. "I'm Not Armed—"

morocco-bound jewel box was in her hand.

A hasty examination assured her its treasure was intact.

"But why—" she stammered, pale with emotion—"why, monsieur, why?"

"Because I had decided to leave off stealing for a livelihood."

"When did you bring these jewels here?"

"Four or five nights since."

"And then—repented, eh?"

"I own it."

"But came here again tonight to steal a second time what you had stolen once?"

"That's true, too."

"But I interrupted you—"

"Pardon, madame—not you, but my better self. I came to steal—I could not."

"Monsieur—you do not conceive, I fail to fathom your motives, but—"

A sudden shock of heavy feet trampling the parquet of the reception hall, accompanied by a clash of violently excited voices, silenced her and brought Lanyard instantly to the face about.

Above that loud wrangle—of which neither had received the least warning, so completely had their argument absorbed them—Sidonie's accents were audible, clear against the grumble of two voices of heavier timbre—"Madame—madame!"—a cry of protest.

"What is it?" Mme. Omber demanded of Lanyard.

He uttered the word, "Police!" as he turned and threw himself into the recess of the window.

But on wrenching it open the voice of an invisible picket, posted on the lawn, saluted him with a harsh warning; and when, involuntarily, he stepped out upon the balcony, a flash of flame split the gloom below, a report rang loud in the quiet of the park, and a bullet slapped viciously the stone facing at one side of the window.

CHAPTER XXX.

Many Things Happen Fast.

Incontinently—with as little ceremony as though the bullet had lodged in himself—Lanyard tumbled backward into the room, while to a tune of heavy boots clattering through the salons, two sergeants de ville lumbered valiantly into the library and pulled up at sight of Mme. Omber, erect and composed beside her safe, and of Lanyard picking himself up from the floor by the open window.

Behind them Sidonie trotted, wringing her hands.

"Madame!" she bleated—"they wouldn't listen to me, madame—I couldn't stop them!"

"All right, Sidonie. Go back to the hall. I'll call you when I need you. Good morning, messieurs!"

One sergeant advanced with a halting salute and a superfluous question: "Mme. Omber—" But the other waited on the threshold, barring the way.

Lanyard measured the two speculatively—the spokesman was old and fat, ripe for pensioning, little apt to prove seriously effective in a rough-and-tumble, but the second was young, sturdy, and broad-chested, with the poise of an athlete. Furthermore, he carried, in addition to his sword, a pistol naked in his hand. And his clear blue eyes, meeting the adventurer's, lit up with a glimmer of invitation.

(TO BE CONTINUED.)

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Kill the Flies Now and Prevent disease. A DAISY FLY KILLER will do it. Kills thousands. Lasts all season. All dealers or six cent express paid for \$1. H. SOMMER, 150 De Kalb Ave., Brooklyn, N. Y. Adv.

His Preference.
"Wot kind of dogs does you like best, Tatters?"
"Dead dogs!"

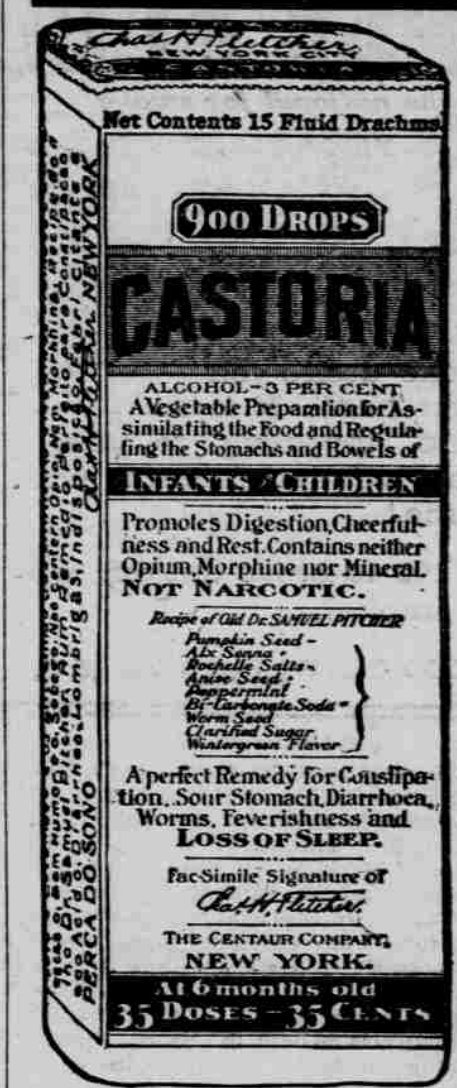
BAD COMPLEXION MADE GOOD

When All Else Fails, by Cuticura Soap and Ointment. Trial Free.

If you are troubled with pimples, blackheads, redness, roughness, itching and burning, which disfigure your complexion and skin, Cuticura Soap and Ointment will do much to help you. The Soap to cleanse and purify, the Ointment to soothe and heal.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Never judge a man's bravery by his conversation.



Exact Copy of Wrapper

Out of Danger.
"We have such good news from the front! Dear Charles is safely wounded at last."—Vogue.

Wouldn't Hurt Him.
"Do you think that stimulants would hurt me, doctor?"
"Not if you leave them alone."

Most particular women use Red Cross Ball Blue. American made. Sure to please. At all good grocers. Adv.

The man who foots the bills always has a kick coming.

What St. Joseph People Say About Vap-O-Rub — "Outside" Treatment

They Find It Better Than Internal Medicines For Croup and Cold Troubles.

In the South everyone uses Vick's Vap-O-Rub Salve for all forms of cold troubles. But when it was introduced in St. Joseph, Mo., for the first time, last winter, the local druggists naturally were skeptical. They did not believe that croup could be relieved in fifteen minutes just by rubbing with Vap-O-Rub, or that colds commonly went in one night. So arrangements were made to present a number of ladies with complimentary jars of Vap-O-Rub on the condition that they give it a thorough trial. Here are the reports from these ladies:

Mrs. C. L. Haden, 2309 S. 15th St., says—"Last winter I had a dreadful bad cold on my lungs, with a tight bad cough. I rubbed Vap-O-Rub on two nights, and the next morning my cough was loose and lungs better. I relieved neuralgia with it in one night, just by rubbing my jaw and putting a little on the tooth, and ironing it in with a hot iron."

Mrs. Sam House, 1206 Prospect Ave., reports—"My little daughter had diphtheria last fall, and every little cold she takes settles in her throat. During one of her bad spells last winter my druggist sent me a jar of Vap-O-Rub. I used it four nights on her throat with such good results that now I don't like to be without it. I have used it on myself and husband for bad colds, and have found it just fine."

VICK'S VAPORUB SALVE

Kansas City Directory

ESTABLISHED 1888. Consign your Cattle, Hogs and Sheep to the National Live Stock Commission Co., Kansas City, Mo. Stockers and Feeders bought on TRAIL.

Dependable Assistance

Being prepared against a spell of Stomach, Liver or Bowel weakness is an excellent idea. This brings to mind the dependable assistance to be derived from a fair trial of HOSTETTER'S Stomach Bitters. A family remedy for 63 years.

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For Infants and Children

Mothers Know That Genuine Castoria

Always Bears the Signature of

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THE CENTAUR COMPANY, NEW YORK CITY.

Every Woman Wants

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ANTISEPTIC POWDER

FOR PERSONAL HYGIENE

Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. The extraordinary cleansing and germicidal power. Sample Free. 50c. all druggists, or mailed by mail. The Paxtine Toilet Company, Boston, Mass.

Mrs. John Paynter, 2422 S. 17th St., writes—"My druggist sent me a trial jar of Vick's Vap-O-Rub, which I soon had occasion to try on my 'croupy' baby. Before putting her to sleep for the night I applied Vap-O-Rub over her throat and chest with my fingers. The results proved very satisfactory, and now I would not be without it."

Mrs. M. A. Myers, 2342 Sylvan Ave., says—"When our three-year-old boy had a severe cold last winter I tried Vap-O-Rub, rubbing it on his chest and letting him inhale it, and he was relieved almost immediately, and got better in a few days. We think your remedy is the best thing for colds we have ever used."

Vick's Vap-O-Rub Salve will be found better than internal medicines for all forms of cold troubles—from head colds, catarrh and asthmatic troubles—down to deep chest colds, sore throat, bronchitis or incipient pneumonia. You just rub it well over the throat and chest and cover with a warm flannel cloth and the body heat releases the ingredients in the form of vapors. These vapors, inhaled all night long with every breath, carry the medication through the air passages to the lungs. In addition, Vap-O-Rub is absorbed through and stimulates the skin, aiding the vapors inhaled to relieve the congestion.

Vick's can be had at all first class drug stores in three sizes, 25c, 50c or \$1.00—or we will gladly send a sample free on request. The Vick Chemical Company, Greensboro, N. C.

W. N. U., KANSAS CITY, MO., 19-1916.